

THE

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Air Force Outstanding Unit

2008, 2011 & 2013 Distinguished Flying Unit



COYOTE LOG

“Life Saver”

Air Force training put to use

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A SMARTer 2014

By Lt. Col. Jacob Salmond

Commander, 190th Civil Engineering



Let me be the first to welcome everyone to 2014. With the start of every New Year we see the birth of “New Year’s Resolutions.” No one comes up with their resolutions with the inten-

tion of failing, but yet we see a vast majority of them fall by the wayside at some point throughout the year. I would like to take this opportunity to provide some advice on how to not only keep your resolutions, but how to set goals and achieve them.

When choosing a resolution or developing goals, one should strive to have each goal meet the following conditions: specific, measurable, achievable, realistic, and time-sensitive (SMART). For example, let’s say Airman Snuffy wants to “get healthy.” This is not specific or measurable, and contains multiple levels of realism and achievability based on perspective. Let’s take something that looks more like a vision of “getting healthy,” and turn it into a set of goals using the acronym SMART.

Specific: Airman Snuffy can make “getting healthy” specific by setting goals to lose 10 pounds, get his/her waist down to 35 inches, or lower his/her run time to less than 11 minutes. When goals are specific, they typically become easier to measure.

Measurable: Mankind has been weighing and measuring as far back as 2600 B.C. As an engineer, numbers are my friend because data provides insight into whether my organization is/isn’t serving our customer.

Not all goals fit into a weight, distance or time, so if a goal cannot be measured, go back to the drawing board to make it more specific. Being able to measure a goal helps ensure it is achievable and realistic.

Achievable: This criterion helps set goals at a reasonable level instead of at an extreme level. Let’s say Airman Snuffy needs to lose 4 inches to make it to his/her goal of a 35-inch waist. I’ll touch more on this later, but Airman Snuffy should set intermediate goals of losing at least one inch every month, as well as a plan to replacing one or two bad snacks a day with a fruit, vegetable or water.

Realistic: An extension of achievability is being realistic. Continuing with Airman Snuffy – he can realistically drop

a minute off his/her run time to make 11 minutes more so than a marathon runner could drop hours off their time.

Once we become proficient in SMART goal setting, we can move “realistic” in with “achievable” and replace it with “relevant.” Setting relevant goals means choosing something that matters. Relevance can be determined by asking questions like – is it worthwhile? Does it support other personal/team/organizational goals? Is it applicable to the vision and mission? Before getting SMARTer with my resolutions, I used to give up caviar every year. This was an absurd goal due to the fact that I have never even tried caviar, and it was completely irrelevant because it served no purpose – it didn’t matter.

Time-bound: A goal without a target is a dream. Airman Snuffy needs to include time tables for when he/she would like to reach significant milestones. This serves a couple purposes – it prevents burn-out and provides smaller wins earlier in the process. It is very common for people to go back to the gym at the beginning of January and immediately overdue it. They go as hard as they can that first day and are too sore to work out for another week.

Same thing with a diet – start by eating one healthy meal a day and then work your way up, instead of trying to eat healthy all at once. Before you know it, you’ll be making health conscious decisions at all of your meals, and then you can reward yourself by having a couple cheat meals a week.

Like anything else, getting a solid support system is instrumental in keeping resolutions and achieving goals. Having a group of friends, family or coworkers who are cheering you on, or even participating in your activities, will go a long way to keeping you on the straight and narrow. Find people who have similar goals to provide motivation, support, and challenge one another for continual improvement.

Also, find a mentor that has already achieved this goal. They will be able to give you advice on how best to succeed, help you get over obstacles that are in your way, and pick you up when you fall.

In the end, reaching the goal is the ultimate reward but don’t hesitate to admire progress along the way with little rewards like a piece of chocolate (just one!), going

to a movie or taking a day off (just one!). Having these smaller rewards along the way will help you keep pushing and will renew your motivation.

Best of luck on your 2014 resolution!
Disclaimer: I am not an expert in diet or fitness. All tips in this article are opinion or things that have worked for me. As with any major diet or fitness changes consult an expert in that field. Special thanks go to Senior Airman Seelbach and Tech. Sgt. Hutchison in supporting the content and writing of this article!

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On the cover:

Staff Sgt. Matthew Cranford receives congratulations from Kansas Governor Sam Brownback during the December Commander’s Call ceremony.

(photo by Tech. Sgt. Mandy Johnson)

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Distinguished Airman shares the spotlight

By Tech. Sgt. Emily F. Alley
190th Public Affairs

The 190th Air Refueling Wing Commander's Call followed a standing ovation in December, when Rylee Robinson, a 12-year old amputee, used her new leg to walk to the front of the stage to receive a commander's coin.

About six months earlier, Staff Sgt. Matthew Crawford, 190th Aircraft Maintenance Squadron, was driving to work and saw Rylee, who had been hit by a car while riding her bicycle on Topeka Boulevard. Crawford, who had just completed self-aid and buddy care training the day prior, pulled over to help. He grabbed a scarf from his car and improvised a tourniquet for her severed leg.

Crawford treated Rylee for shock and even had the situational awareness to instruct onlookers to direct traffic so an ambulance could arrive.

Several weeks after the accident, he heard the family wanted to meet him.

"Someone told me, 'They're looking



Rylee Robinson and her family receive an award and recognition from Staff Sgt. Crawford. (Photo by Tech. Sgt. Mandy Johnson)



Rylee Robinson walks to the stage to greet Staff Sgt. Crawford. (Photo by Tech. Sgt. Mandy Johnson)

for you. They want to meet you,'" said Crawford.

He went to the hospital, and when the nurse realized who he was, she commended him.

"She told me she had seen the pictures from when Rylee got to the operating room," Crawford said. "You're a lifesaver," she told me. "You saved her life."

When Crawford found out the Governor planned to recognize his work, he asked if he could invite Rylee.

Crawford explained, "She's doing way more with more difficulty than I did in two minutes. I want to honor her abilities to fight on."

Rylee has spent the last six

months overcoming both her leg injury and brain damage. She was a softball player and recently ran the bases. Governor Sam Brownback spoke with Rylee after the ceremony, although he did not meet with Crawford.

"His attention was where it needed to be. It was pretty special for her," said Crawford, who joked that he'd already met the governor once standing in line for groceries.

The governor presented Crawford with the Kansas National Guard Distinguished Service Medal in a ceremony Dec. 7 at Forbes Field. In his speech, Brownback commended Crawford's selflessness.

Crawford has been called a hero since the accident, but is hesitant to use the word.

"I would hope I did what anyone else would do," he said.

CE supports Colo. flood recovery

By 2nd Lt. Angela Brees
190th Chief of Public Affairs

Fifteen members of the 190th Civil Engineering Squadron returned home recently after two weeks in Colorado repairing roads washed away during a flash flood. The 190th members were part of a joint task force that included 75 soldiers and Airmen overall from across Kansas.

U.S. Highway 36, between Lyons and Estes Park, became inaccessible after a flood on Sept. 12 cut off residents in the smaller, rural communities who live along the 25-mile stretch of highway. Since that day, more than 375 Army and Air National Guardsmen from Colorado, Utah, Montana and Kansas have worked to rebuild the highway. The Guard units finished a month earlier than projected.

Kansas Army and Air National Guard units deployed together as a single unit, with soldiers and Airmen working side-by-side under a multi-branched leadership team. The soldiers and Airmen worked sunrise to sunset, seven days a week to repair the highway.

“It made me feel good helping people,” said Senior Airman James Stuart, 190th Civil Engineering Squadron. “Obvi-

ously, their way of life was disrupted, and we came in to help them get it back to normal.”

The Kansas units included the 891st Engineer Battalion (Iola), 226th Engineer Company (Augusta), 242nd Engineer Company (Coffeyville), 772nd Mobil-
ity Augmentation Company (Pittsburg), 190th Civil Engineering Squadron (Topeka), and 184th Intelligence Wing Civil Engineering Squadron (Wichita). The units comprise civil engineers and heavy equipment operators.

“Every time that we ran into someone from the community or local area,” said Sgt. 1st Class Gregg Walls, 242nd Engineering Company, “they wanted to shake our hands and just wanted to tell



Master Sgt. Michael Martin, 190th CES, guides a convoy through a construction work site along U.S. Highway 36, just northwest of Boulder, Colo.

(Photos by 2nd Lt. Angela Brees)

Airman 1st Class Jeremy Young, 190th CES, uses an excavator to shift large rocks to form a rock bed, which will serve as the bottom layer of the new U.S. Highway 36, northwest of Boulder, Colo.



us how much they appreciated what we were doing for them.”

“This is the primary mission of the Guard - to help our neighbors in need,” said Maj. Johnnie Adam, 184th Civil Engineering Squadron, who oversaw the Kansas team. “The communities here have been incredibly supportive, and I know that all of us are proud of the work we’ve been able to do here.”

Before returning home, more than 1,000 members of the impacted communities honored the Guard teams at a recognition event in Longmont, Colo., Oct. 29.

“You’ve given us a road to recovery and a road to hope. Colorado is in your debt,” said Roxane White, chief of staff to Colorado Gov. John Hickenlooper, at the event.

Work included building road surfaces, removing debris, which included cars, trees and massive boulders, removing asphalt, filling land areas washed away by the water, and installing culverts. Since operations began in September, the multi-state joint force National Guard team has worked 20,414 man hours, placed 320 feet of culvert, and hauled 34,200 cubic yards of fill material - enough dirt to fill more than 250,000 standard bath tubs.

The Kansas team returned home Oct. 30, 2013.



HOLIDAY
'13
PARTY

By Senior Master Sgt. Brian Wohletz
190th Civil Engineering Squadron

Leadership. Let's take a moment to define what leadership is according to Webster. Leadership; 1) The position or guidance of a leader 2) The ability to lead 3) The leaders of a group.

Now that we have the book answer out of the way, my intent is not to bore you with an out of the book description of what leadership is. Rather, I would like to look at leadership from a different perspective, one that relates more to our day-to-day lives as Airmen. If you noticed in the definition, there is no requirement to be a certain rank to be a leader.

Each of us has opportunities to be leaders. It doesn't mean you have to be a senior non-commissioned officer or high-ranking officer to be a leader. Leadership, in my opinion, begins at the point you transition from knowing nothing about something to the point you know something about something. Let me explain, once you know enough to be able to teach someone else about something, you are capable of becoming a leader.

In the Air Force, we all bring different skill sets and knowledge to the table. We go to basic training to learn about the basic customs, culture, policies and processes of the Air Force. After we know that, we can then start learning our jobs and becoming leaders in the Air Force.

What makes a good leader then? There could be a lot of answers to that question and you would probably get a wide variety of answers from people if you polled a large group. I'm going to cover just a few that I think of when I consider the characteristics of a good leader.

Allow Others to Speak: High-ranking leaders should set a stage for others to feel the confidence to speak up in a group setting. If your goal is to be a successful leader, allow your team to speak freely and confidently in meetings. Be careful to not intimidate others with your rank or power in these settings. You may have a lot of experience and knowledge, but the people that are currently doing the

day-to-day jobs are experts in their field. Give them the power to teach everyone, including you as the leader.

Communicate Your Expectations: People generally want to please others. In order for you to allow that to happen you must first have high expectations of yourself. Communication of your expectations to your team is equally important. If you are unable to clearly communicate your expectations, you can't expect anyone else to know what your goal is. If you keep reminding your team of your expectations, it helps to keep the end goal in mind and the team on track. In turn, you will see productivity gains simply because you

A successful leader is one that looks out not for their own success, but for the success of those they are leading.

-- Senior Master Sgt. Brian Wohletz

eliminate the confusion associated with not knowing the leader's expectations.

Lead by Example: We hear this all the time, but it is so important. As a leader of a group, everyone is watching your actions. People are observers first. That is primarily how we learn, and grow. If you're a senior airman and have a couple of junior Airmen that you are leading, don't think for a moment they are not looking at you for leadership. Set a good professional example for them, always. They are impressionable and watching.

Ensure Others Succeed: A successful leader is one that looks out not for their own success, but for the success of those they are leading. As a leader, you are rated more on the success of your team than yourself. If you are only looking out for yourself, and ensuring that you succeed, you will not truly be successful. It's like you've heard before, you must build a good foundation to have a good house. That is so true; if you as the leader build a good foundation, your team will

be successful and the leader of that team will be as well.

Embrace Responsibility: In order to be a good leader you must accept the responsibility of being a leader. A good leader likes being a leader, not for the power that being a leader brings, but for the impact they can have on a group or individual, and the direction they can lead that group in. In order to do this you have to want to take on the responsibility that comes along with leadership. You take the good with the bad; not everything you do is going to be a great success.

As a leader you need to be able to accept responsibility, both when something goes wrong, as well as the reward of your team having success. You can celebrate with your team when everything works well, but don't alienate your team when it doesn't.

In summary, each day of our lives we have an opportunity to practice leadership. You may be a general in the Pentagon leading a branch of the military, or even the President of the United States. You can also be a leader if you are an Airman just back from tech school, leading a group of student flight members preparing to go to basic training. Trust me, if you just returned from basic training, those student flight members are looking to you as a leader to help prepare them to go to basic training.

You may be a non-commissioned officer on a morale and welfare trip during a detachment. You may be a leader in someone's eyes and not even realize it at first. That transition from not knowing anything at first can change pretty quickly, and before you know it, you are in a leadership role. Take advantage of every opportunity to learn and grow as a leader.

Always remember, as a leader you set the example, and others are learning from your actions. Be a professional, listen to those you are leading, and always be responsible to those you are leading. You have the ability to be a good leader no matter what your rank is.

Portrait of an Airman

Senior Airman Dylan Parks

Organization: 190th Logistics Readiness Squadron.

Job Title: Air Transportation Journeyman.

Main Responsibilities: Load planner and passenger service representative.

Civilian Career: Technician for 190th LRS – Air Cargo Worker.

Education: Part time student taking online classes at Allen County Community College. Criminal Justice major.

Military Experience: Two and a half years.

Achievements: Basic Training honor graduate.

Goals & Ambitions: Finish my degree and get a commission.

Hobbies & Activities: Hunting, fishing, wakeboarding and riding my motorcycle.

Most Memorable 190th Moment: We had a deployment to Kadena Air Base, Okinawa, Japan, that was a lot of fun. I learned a lot about my career field and got to experience a completely different culture.



Coyote Heritage

By William Gilliland

190th Historian

Do you think it's cold and snowy now?

Some unit training assemblies in Coyote history have been downright brutal. For instance, during January 1982, wind chills were a minus 85 degrees, and the cold and snow stayed around until March.

Mostly though, the weather has not disrupted many UTAs. But, early in unit history things were different. Many members of the unit had only late 50's cars as their main transportation; in fact, two-car families were rare. Certainly, families with four wheel drive vehicles were nearly unheard of.

So how to cope when getting to work on Saturday morning of UTA was nearly impossible? The 117th adopted a unique method. UTA started at noon, dinner was served at 5:30, back to the shops until nine, then normal hours on Sunday.

The unit even provided a place to sleep. 50 cents got you a cot and bedding. 190th ingenuity at its best.



Snow accumulation on the Coyote home at the Naval Air Station, Hutchinson, Kansas 1960.



Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.



For Your Information

Promotions

Airman

Ryan Reyes, SFS



Airman First Class

Damon Moran, CE



Senior Airman

Enrico Gosselaar, AMXS
Tina Touchton, MXS



Tech Sergeant

Ashley Hodge, SFS
Justin McDaniel, CE



Master Sergeant

Michael Baker, CE
Bradley Roberts, AMXS
Christopher Tener, SFS



1st Lieutenant

Paul Deveaux, MXS
Cortney Neblett, MDG



B Gate open mornings during UTA

Just a reminder: The B Gate is open every unit training assembly weekend from 6:30 a.m. to 7:30 a.m.

Wear it or Walk!

Please wear your seat belts at all times! It is not only an Air Force and DOD directive – it's Kansas law.



Kansas National Guard Child & Youth Program

Want to learn about upcoming events, camps, or volunteer opportunities?

Interested in connecting with other military youth?

Join us on Facebook!

www.facebook.com/kngyouth



Coyote Grill January UTA Menu



Saturday, January 5 Great Plains & Prairie Lanes

Shrimp Cocktail
Baked Ham
Roast Turkey
Roast Beef
Mashed Potatoes
Glazed Sweet Potatoes
Stuffing, Carrots
Brown Gravy
Cream Corn, Green Beans
Chicken with Rice Soup
Desserts

Sunday, December 6 Great Plains & Prairie Lanes

Meatloaf
Turkey Tetrazzini
Scalloped Potatoes
Macaroni and Cheese
Peas
Italian Blend Veggies
Chicken with Rice Soup
Desserts

DFAC Schedule

MXG (B)/CE/CF	1030
OG/JFHQ/WF/LRS (B)	1100
CPTF/MDG/ARW/MSG	1130
MXG (A)/SFS/LRS (A)	1200



Appointments/Enlistments

A1C Conor Burns, MDG
Enlistment Date: November 20, 2013

A1C Jeffrey Tate, MXS
Enlistment Date: December 11, 2013

A1C Justin Willard, LGRV
Enlistment Date: December 10, 2013

SSG Mars Hinton, MSG
Enlistment Date: November 7, 2013

SSG Brian Schneider, MDG
Enlistment Date: December 2, 2013



Know Your Limits



Have A Plan

Friends of Forbes

The Friends of Forbes program continues to be a success. DUIs are prevented each month. Remember if you have had a drink or one too many call 861-HOME (4663) for a safe, FREE ride home.

Don't forget anyone can make donations to the Friends of Forbes account at the Kansas Air Guard Credit Union. Help keep this program going strong for the safety of our Coyotes and the community.